



The Communicator



Rhodes State College and The Ohio State University at Lima

March 1, 2010

Volume 2, Issue 9

If you would like to have events added to the Communicator, please email them to communicator@lima.ohio-state.edu by Wednesdays at Noon for the Following week.

Amy Livchak, Coordinator of Student Activities

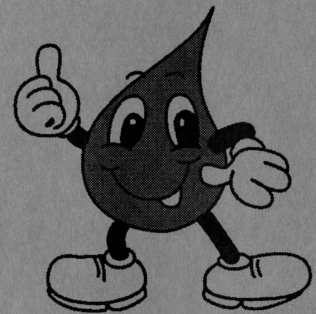
Carrie Rinehart, Student Editor

Lima Campus Blood Drive

Every two seconds, someone in this country needs a blood transfusion. Ninety-five percent of Americans will need blood in their lifetimes, yet less than five percent of us donate? One of the reasons is that so many people are deferred from giving, making it even more important to create ways to encourage those that can, to donate often!

Every blood donation has the power to help save as many as three lives, but whole blood only has a shelf live of 42 days. Another reason why it's so important for people who qualify to be regular donors.

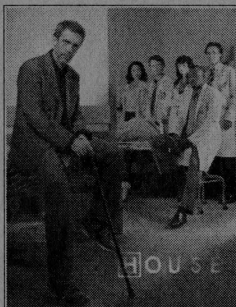
The Arlington County Chapter is part of the *Greater Chesapeake and Potomac Blood Services Region of the American Red Cross*. Approximately 20 blood drives are held in the county every month, at different locations. This is possible because of the generosity of Arlington businesses, civic groups and other local organizations that host blood drives.



Join SAO and Donate Blood on Thursday March 4th from 10 to 2 pm. The Blood Drive will be held in Cook Hall Gymnasium

House Season 5 Marathon

Wednesday **March 3rd**, stop by the Game room from 9 am- 9 pm for your dose of Medicine. House Season 5 will be showing all day.



Wednesday March 10

Stressed out with Finals coming soon?

Stop by the game room to relax with a chair massage. Times are from 10- 2. Brought to you by Campus Activities Board.

How to Survive Finals with Less Stress

1. SLEEP - Even missing 2 hours of sleep 2 nights in a row can cause sleep deprivation leading to that foggy, spaced-out feeling.
2. Eat Well - make sure you eat regular meals. Also, avoid alcohol and limit caffeine intake.
3. Procrastination is your worst enemy, structure your time.
4. Take breaks! Try not to study for more than 2 hours straight.
5. Learn to say NO! Get rid of the unimportant stuff.
6. Exercise
7. Reassess priorities daily. See if you are on track.
8. Study the hardest things first.
9. If you have to take a timed test, practice under timed conditions to ease the anxiety.
10. RELAX

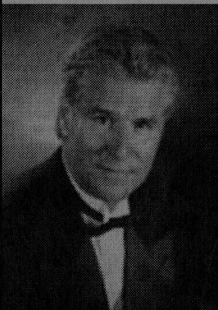
Tips brought to you by: <http://www.colorado.edu/studentgroups/wellness/NewSite/StressHelpfulTips10Great.html>

10 Great Stress Reducers

1. Get restful sleep
2. Eat well
3. Breathe
4. Exercise
5. Say no
6. Laugh
7. Prioritize Projects
8. Go Outside
9. Talk
10. Live within your budget

Ellen & Christopher Scholl, Vocalists Michael Benson, Pianist

Monday, March 8th, Reed Hall 160



Mezzo-Soprano Ellen Scholl and Tenor Christopher Scholl collaborate with Michael Benson, piano, for a program of music composed by Ben Moore, Richard Strauss, duets by Thomas Pasatieri and an arrangement of the American Folksong "How Can I Keep From Singing" by Richard Walters. Chris and Ellen are members of the voice faculty in the College of Musical Arts at Bowling Green State University.



2010 Big Brothers Big Sisters of Allen County Bowl for Kids' Sake fundraiser

This year's event is from 1 to 6 p.m., **Saturday, March 6**, at Westgate Lanes, Lima. Team invitations are being extended to any service organization, business, church, school group or individuals interested in participating. In additional corporate sponsorships are being solicited.

Each winter Big Brothers Big Sisters of Allen County holds a Bowl For Kids' Sake event to raise money for their program. Over 200 youth in Allen County benefit.

This year's bowl is Saturday, March 6, at Westgate Lanes, Lima. Bowling times are 1, 3 or 5 p.m.

Here's how it works:

- Form a team of 4 bowlers to collect donations to support Big Brothers Big Sisters
- Join Big Brothers Big Sisters on Saturday, March 6, to bowl free games with your team
- Each team to collect \$300 receives free t-shirts for its members (students \$100 per team)
- Door prizes are given away, so participants may win prizes just for bowling

Several divisions of first and second place awards will go to teams collecting the highest donations. These awards include amusement park tickets, gas cards, dinner and other prizes.

Stop by Student Activities Office for a form indicating a volunteer's willingness to create a team for 2010

Over 200 youths in Allen County between the ages of 6 and 14 rely on the services of Big Brothers Big Sisters.

For additional information contact:

Fred Steiner

Director of Marketing-Public Relations

Big Brothers Big Sisters of Allen, Hardin, Putnam Counties

bbbssteinerf@arabellaol.net 419-222-8500

Fellowship & Bible Study For Veterans of Iraq and Afghanistan

Looking for Something or someone to help you get RECONNECTD?

Having trouble getting **Back into the swing of Things?** Just want to spend time with other Veterans?

Meeting twice a month in the Lima area. Join other veterans in sharing the word and open discussion with others who have been there! We look to discuss how GOD plays a role.

Come and enjoy simple fellowship with one another.

For more information please call:
Harold Jackson, 419-204-7686
(Christian leader and local business owner)

Franklin Univ. Will be on Campus:

3/2/10 9:30 am - 1:00 pm
Technology Education Laboratory Lobby

4/7/10 10:30 am - 1:30 pm
Public Service Building Lobby
(TRANSFER FAIR)

4/29/10 9:30 am - 1:00 pm
Technology Education Laboratory Lobby

Rhodes State Scholarships Available Online!

Go to www.RhodesState.edu for applications. Go to the financial aid quick link then click on scholarships. A tutorial and recommendation forms are also available online.

Applications are due by 5pm Friday, March 12.

Ohio State Undergraduate Research Prize

Hey Buckeyes, interested in Research? Here is your chance to make some \$\$\$ and be recognized for your work.

Go to: <http://liblearn.osu.edu/award/forms.php>

Where to Send Submissions

Nancy O'Hanlon

Coordinator for Teaching & Learning

University Libraries

305G Thompson Library

1858 Neil Avenue Mall

Phone: 688-5707

Email: ohanlon.1@osu.edu.

Deadline:

*Submit anytime before
April 17, 2010. Winners
announced in May 2010.*

Join OSU Lima for a Lunch & Learn

Thursday, **March 11, 2010**

12:30pm - 1:20pm

Visitor & Student

Services Building

Have questions or concerns about your upcoming move to the Columbus Campus? We are here to help. With representatives from the Columbus Campus as well as the Lima campus here to present and provide guidance to help with your pending change of campuses. There will be representatives from Financial Aid, Housing, Advising, and others to answer your questions. Pizza and soda will also be provided.

Registration is required and space is limited so be sure to go to, limabuckeyes.osu.edu/Registration/default.aspx and type in the access code of "lunch".

If you have any other questions, please contact Donna Lamb at Lamb.3@osu.edu or (419)995-8053.

Looking for an on Campus Job?

Do you have Work Study? Will you be on Campus next Fall? Are you capable of meeting deadlines, have excellent writing and computer skills, familiar with Publisher?

The Communicator is looking for a student to eventually take over the full position next fall. The hired student will have 3-7 hours per week starting Spring Quarter.

Stop by the Student Activities office in GA 066 for an application.

Application Deadline is March 10.

Census, What?

Just because you're a college student doesn't mean you're not important. Taking part in the 2010 Census lets your voice be heard. Wouldn't you like to help decide how more than 400 billion dollars worth of government funding gets spent each year? Hospitals, job training centers, schools, senior centers, emergency services and other public projects depend on you! Plus, it's easy and only takes 10 minutes. Just complete the 10-question survey that's delivered to your house or dorm and mail it back in the prepaid envelope. Don't you wish tests were this easy?

Go ahead; take that much needed study break and "Impact Your Nation" on April 1 by participating in the 2010 National Census Day. Your participation isn't just important; it's mandatory! Don't worry; no one is going to see your answers, not even the President of the United States. By law, the Census Bureau cannot share respondents' answers with anyone, including the IRS, FBI, CIA or any other government agency. All Census Bureau employees take the oath of

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Student Organization Off Campus Retreat:

April 9, 2010
11:00-3:00 PM

For over 30 years, the Nuhop Center, home of Camp Nuhop, in Ashland, Ohio has served colleges, businesses and schools throughout Ohio by providing opportunities for individual and group development. Their programming in the area of leadership development, team building, corporate workshops and self-facilitated retreats has been recognized as among the best in Ohio for many years.

- Teambuilding
- Leadership Development
- Sportsmanship, Life Skills
- Personality Assessments
- Communication Skills

Transportation provided
by Student Activities Office

Check with Amy Livchak for
additional Information.

May Week 2010

(May 3rd- 7th)

Next Meeting:

- Tuesday March 2nd 12:30
in GA 124
- Bring your Spring Quarter
Class Schedules as well as
your Renaissance Ideas
- Subway Will be Provided



March 26, 2010

from 10 a.m. - 2 p.m.



Ready to take a Road Trip?

Rhodes State College and OSU-Lima will be taking approximately 20 students to the Collegiate Employment Annual Job Fair at Owens Community College in Toledo, Ohio. We will be leaving the campus at 9 a.m. and will return around 2 p.m. We will be stopping for lunch at Levis Commons in Perrysburg, Ohio.

Interested in attending? Please call Angel Kindle at 419-995-8352 or email kindle.a@rhodesstate.edu to reserve your seat.

Professional Dress is Required.

Employer information can be found at the following website after March 1, 2010. www.collegecentral.com/employ.net

The Haiti Fundraiser drawing was held Monday, February 22, 2010 at 12:30 p.m. in the Dean's Suite—PS208.

The Lucky Winners for the Weekend Retreat at Susanna's Guest House Bed & Breakfast were:

Janet Anderson of the Office of Development
and
Larry Webb of Delphos
Congratulations Janet and Larry

Thank you to everyone who supported this fund-raiser;
your contributions are greatly appreciated!!!!

Newman Catholic Association

Next Meeting will be Wed.
March 10 in room 270,
science building from noon
to 1:30. Please bring a friend
or two and come hear our
guest speaker Fran Thompson,
talk on "A Make Over
for Body, Mind, and Spirit."

The Newman Catholic Association is going to Kentucky.

Spring Break Alternative Trip to Kentucky in the Appalachia's to help build and remodel homes from March 21-26th. There are still a few openings. Please email Sandy at sconnell@wcoil.com if interested. For more information go to www.christianapp.com and look at workfest. Workfest is where college students come together for a week to serve the needs in this area that need help.

What to Look Forward To Spring Quarter:

Wednesday March 31
12:30 in the Gameroom

Campus Activities Board What's on Wednesday
Presents comedian Jessica Kirson.

Jessica's unique style and captivating stage presence captures the attention of audiences everywhere she performs. Her wide variety of characters brings a diverse energy to her routine. Once you have seen her amazing talent, it is easy to understand why she was selected to perform at the Hamptons, Toyota, Marshall's Women in Comedy, Comedy Central's South Beach, Montreal, and HBO's Las Vegas comedy festivals. Jessica has been featured on various television shows, including Comedy Central's Premium Blend and Fresh Faces, VH1's Awesomely Bad Shows, NBC's Last Comic Standing Seasons 2 and 3, Last Call with Carson Daly, The Tonight Show with Jay Leno, Showtime's White Boyz in the Hood, and ABC's Comics Unleashed with Bryon Allen. She was recently awarded "Best Female Comic" by the MAC association in New York City.



Wednesday April 7th
12:30 in the Gameroom

Campus Activities Board What's On Wednesday Presents
Singer/Songwriter Rudy Currence.

Innovative and classic, Rudy Currence is a powerful, unique voice in today's music scene. Rudy sings with power and passion, writes beautiful soulful lyrics, produces complex music, and plays several instruments including the keyboard and guitar. Multitalented, yet humble and soft-spoken, this young man already possesses an easy charm on and off the stage. His musical background is very diverse, spanning genres including R&B, gospel, jazz and blues, folk, pop and classical. His style has been called a mix of the soul-stirring classics like Stevie Wonder, Donnie Hathaway and Marvin Gaye with modern edginess of artists like India Arie, Avril Lavigne and Alicia Keyes. Rudy has had two songs recorded by Mya for her recent CD release and had a song included on the soundtrack for Tom Cruise's Minority Report. Rudy will one day leave a musical legacy behind for generations to come

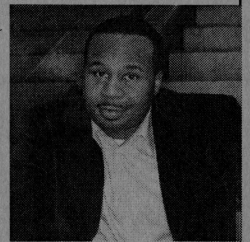
Tuesday April 6th
12:30 in the Gameroom

ROY WOOD Jr.

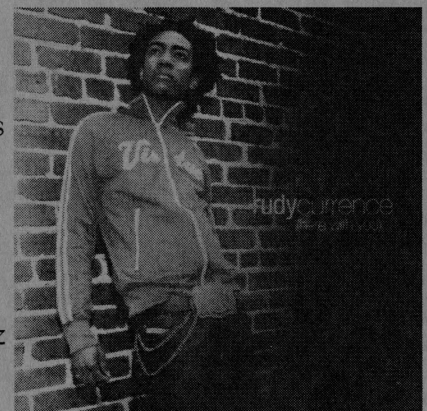
(was previously scheduled on Feb 10)

Roy Wood, Jr. is a regular guest on the Bob and Tom Radio Show and was nominated for the Campus Activities Magazine Comedian of the Year in 2008.

The performance is free and open to the public.



All Events are Brought to you by
your Campus Activities Board.
Interested in becoming involved?
Stop by SAO in GA 066.



OSU Lima Counseling Services

Ohio State Lima will provide free mental health services for OSU students through the Lima Counseling and Consultation Services offices. If you would like to schedule an appointment, please contact one of our therapists.

Samantha Haudenschield, Psy.D. Cook Hall, Room 202 419-995-8272

Hours: Monday and Wednesday 9:00 AM-6:00 PM; evening appointments available.

Gail Nelson, BSSW, LSW Ag Bldg., Room 100K 419-995-8696

Hours: Monday and Tuesday 1:30-4:30 PM and Friday 7:30-4:30

Some of the issues that may be addressed include: Home-sickness, struggles with career choices, trouble in relationships, thoughts of suicide, violence, drugs and alcohol, pregnancy, death in family, financial pressures, gender identity, and mental illness. Some of these issues can be quickly addressed with minimal follow-up required, while others will many times involve longer-term counseling combined with additional services to assist the student. If additional services are needed, students will be referred to local mental health agencies for further assistance.

Sunday February 28, 2010	Calendar Of Events for the Week of March 1, 2010
Monday March 1, 2010	
Tuesday March 2, 2010	<ul style="list-style-type: none"> Franklin College will be on campus 9:30 am - 1:00 pm Technology Education Laboratory Lobby Intramural Basketball 5:30- 7:30
Wednesday March 3, 2010	<ul style="list-style-type: none"> WOW- House Season 5 T.V. Marathon 9 am- 9 pm in the Game Room Dodge Ball Intramural 5:30- 7:30
Thursday March 4, 2010	<ul style="list-style-type: none"> Blood Drive Cook Hall 10- 3 p.m. Intramural Volleyball 5:30-7:30
Friday March 5, 2010	<ul style="list-style-type: none">
Saturday March 6, 2010	<ul style="list-style-type: none"> Big Brothers Big Sisters Bowling Fundraiser @ West Gate Lanes 1- 6 p.m.